

ABLE Bodies Participant Homework for Session 4

Flexibility

- Seated Whole-Body Stretch
- Add some Venus de Milo Arms to your stretches

Posture and Core Stability

Pick one of these and do it 5 to 10 times.

- Tall Sits
- Forklifts
- Show Me the Money

Strength for a Purpose

- Teeter-Totter Chair Stands

TEETER-TOTTER CHAIR STANDS

The Start

- Sit tall.
- Pull abs in and lift ribs.

The Moves

- Lean back, lean forward, press down through your feet, and stand up.
- Stand as many times as you can in a row. Start with 4 to 8 repetitions and build to 15.
- Rest 1 to 3 minutes.
- Repeat.



It's one continuous movement: Lean back → lean forward → press down → stand up!